



sandiegocountylibraryevents

San Marcos Branch Library

2 Civic Center Dr, San Marcos CA 92069

Phone: (760) 891-3000

May 2014

Health & Fitness

Month

Library Hours

M-Th: 9:30AM - 8PM

F-S: 9:30AM - 5PM; Sun: 12 - 5PM

Health & Fitness for Families

Baby & Me Health. CSUSM nursing students offer this program for infants and their care givers.

Tuesday, May 6, 11:00 am

Physical Fitness and Wellness Month Kick-Off Event.

Informative community organization booths, hearing & vision screenings for children, blood pressure screenings, Covered California registration opportunities, fitness demonstrations and the Tumble Gym Bus for children 2-6 years old.

Tuesday, May 6, 3:00 pm.

S.M.A.R.T meeting and Tween Veggie Tote Bag Printing.

Participate in our library's San Marcos Action Ready Tween group and then print with Veggies on a tote bag.

Wednesday, May 7, 4:00 pm.

Baby Ballet. Tuesday. May 13, 11:00 am.

Get Up and Move for K-5th Graders. Join San Marcos City Recreation Leaders for this fun series of programs that will get you up and moving. Snacks will follow.

Tuesday, May 13, 20 & 27, 4:00 pm

Family Fun! Create a Food Sculpture and Watermelon Eating Contest. Thursday, May 15, 4:00 pm

Zumbini-Zumba for Parents and their Infants. Zumba class designed for parents to zumba dance with their infants.

Tuesday, May 20, 11:30 am.

Catch Healthy Habits. Get a taste of the fun when CATCH Healthy Habits intergenerational health & fitness program is presented by OASIS seniors as a sample of this summer program offering. Saturday, May 24, 2:00 pm.

Mommy & Me Yoga. Tuesday, May 27, 11: 00 am.

Fitness for Toddlers and Preschoolers. Join San Marcos City Recreation Leaders at Civic Center Park for this fun outdoor program that will get you up and moving. Please dress for the outdoors. Snacks will follow. Wednesday, May 28, 10:00 am.

Health & Fitness for Adults

Blood Pressure Screenings and Ask a Nurse.

Tuesday, May 6, 2:00 pm.

Meditation and Breathing. Learn to lower stress through meditation and breathing techniques.

Saturday, May 3, 10 & 17, 11:00 am.

Laughter Yoga. Saturday, May 10, 2:00 pm.

Juicing for Health and Energy. Nutritionist Jeri Douglass will demonstrate the benefits of fruit and vegetable juices.

Monday, May 12, 12:00 pm

Why Meditate?. Meditation class to promote health and well being. Tuesday, May 27, 6:00 pm.

Health & Fitness for Teens

Teen Zumba. Wednesday, May 6, 4:30 pm.

Hands on Sushi Class. Wednesday, May 14, 4:30 pm.

DIY Spa and Smoothie Bar. Thursday, May 22, 4:00 pm.

Celebrate Older American's Month

Classic Movie Monday. Enjoy a film classic and popcorn. Monday, May 19, 1:00 pm

Gentle Yoga with Michael Glen.

Friday, May 16, 1:00 pm

Special Events

Free Acoustic Showcase Concert featuring Erika Davies. Wednesday, May 21, 6:00 pm.

Discovery Workshops. Join us for a free interactive workshop in Spanish, where parents and caregivers will learn about early literacy skills for 0-5 year olds. Parents and Children are encouraged to attend together! Saturday, May 10, 17, 24 & 31, 1:00 pm.

Friends of the Library Bookstore

Mon-Sat: 10-4; Sun: 1-3

Your library offers hundreds of free events and classes. Find them at www.sdcl.org
Also check out San Marcos Library's Children's Blog <http://sanmarcoslibrarykids.blogspot.com/>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30 AM -ESL Class 10:00 AM -Fun Chinese Time 4:00 PM -Teen Nachos Party and Tissue Paper Flowers.	2 9:30 AM -Micro-loans for Moms	3 11:00 AM -Meditation and Breathing 1:00 PM -Nature Craft and Stories with Ms. D.J. 2:00 PM -Super Saturday Study Session
4 2:00 PM -Citizenship Class	5 10:00 AM -English Conversation Café	6 10:30 AM -ESL Class 11:00 AM -Baby & Me Health 1:00 PM -Writing Group 2:00 PM -Blood Pressure Screenings and Ask a Nurse 3:00 PM -Physical Fitness and Wellness Month Kick-Off event 4:30 PM -Teen Zumba 6:00 PM -Knitting Club	7 9:30 AM -Citizenship Class 9:30 AM -Toddler Storytime 10:30 AM -Preschool Storytime 3:30 PM -ESL Class 4:00 PM -S.M.A.R.T. meeting and Tween Veggie Tote Bag Printing	8 9:30 AM -ESL Class 10:00 AM -Fun Chinese Time 3:30 PM -Fingerpaint a Mother's Day Card 4:00 PM -Children read with Samantha 4:00 PM -Teen Chocolate Tasting and Prom Makeup	9 9:30 AM -Micro-loans for Moms	10 11:00 AM -Meditation and Breathing 1:00 PM -Discovery Workshops 2:00 PM -Laughter Yoga 2:00 PM -Super Saturday Study Session
11 1:00 PM -E-Books @ Your Library 2:00 PM -Citizenship Class	12 10:00 AM -English Conversation Café 12:00 PM -Juicing for Health and Energy 3:30 PM -ESL Class	13 10:30 AM -ESL Class 11:00 AM -Baby Ballet 1:00 PM -Writing Group 4:00 PM -Get Up and Move for K-5 graders 6:00 PM -Couponing Club	14 9:30 AM -Citizenship Class 3:30 PM -ESL Class 4:00 PM -Tweens Create Fuse Bead Designs	15 9:30 AM -ESL Class 10:00 AM -Fun Chinese Time 1:30 PM -Adult Book Club 3:00 PM -Friends of the San Marcos Library 4:00 PM -Create a Food Sculpture and Watermelon Eating Contest 4:00 PM -Teen Upcycling Shirts into Scarves and Fuse Beads	16 9:30 AM -Micro-loans for Moms 1:00 PM -Gentle Yoga	17 11:00 AM -Meditation and Breathing 1:00 PM -Discovery Workshops 2:00 PM -Super Saturday Study Session
18 2:00 PM -Citizenship Class	19 10:00 AM -English Conversation Café 1:00 PM -Monday Classic Movie 3:30 PM -ESL Class 6:30 PM -Tertulia Literaria - Spanish Book Club	20 10:30 AM -ESL Class 11:30 AM -Zumbini-Zumba for Parent and their Infant 1:00 PM -Writing Group 4:00 PM -Get Up and Move for K-5 graders 6:00 PM -Permaculture San Marcos	21 9:30 AM -Citizenship Class 9:30 AM -Build with Duplos for Toddlers & Preschoolers 3:30 PM -ESL Class 3:30 PM -Let's Lego 6:00 PM -Free Acoustic Showcase Concert: Erika Davies	22 9:30 AM -ESL Class 10:00 AM -Fun Chinese Time 4:00 PM -Children read with Samantha 4:00 PM -Teen DIY Spa and Smoothie Bar.	23 9:30 AM -Micro-loans for Moms 4:00 PM -Children read with Gus	24 10:00 AM -League of Women Voters Civil Discourse Group 1:00 PM -Discovery Workshops 2:00 PM -Super Saturday Study Session 2:00 PM -CATCH Healthy Habits
25 2:00 PM -Citizenship Class	26 All Day -Memorial Day Holiday Closure	27 10:30 AM -ESL Class 11:00 AM -Mommy & Me Yoga 1:00 PM -Writing Group 4:00 PM -Get Up and Move for K-5 graders 5:00 PM -Volunteer Information Meeting 6:00 PM -Why meditate?	28 9:30 AM -Citizenship Class 10:00 AM -Fitness for Toddlers & Preschoolers at Civic Center Park 3:30 PM -ESL Class	29 9:30 AM -ESL Class 10:00 AM -Fun Chinese Time 4:00 PM -Teen TAG and Rainbow Loom Bracelets.	30 All Day -Fine Free Friday 9:30 AM -Micro-loans for Moms	31 1:00 PM -Discovery Workshops

Programs sponsored in part by the Friends of the San Marcos Library

